## HOW TO LIVE TO BE OLD.

Don't Worry, Eat Regularly, Sleep Properly. almost ten a reconstruction dential candidate the minute you see him.

The Republican

LISTEN TO THE TALE OF EXPERIENCE.

Persons Who Are Already Aged Say Common Sense Has Been Their Aid to Health.

What methods of life are pursued by persons who live to see eighty, ninety or one hundred years? What do they do to promote longevity? These are questions or which medical related according together of the promote lengevity? These are questions corners, like that corners, like that which gives the Down advocates of various food systems have tried in vain to answer, which, as a matter of fact, the world has given up as hopeless, of shrewdness. Mcof fact, the world has given up as hopeless, of shrewdness. Mc-while it continues to wonder.

the ild is half closed.

while it continues to wonder.

Prominent among those known to fame who have succeeded in attaining a ripe age is Daniel Huntington, the artist, one of the founders of the Century Club. His life has been busy; in no sense that of an idler. Born in 1814, he became an Academician in 1840, and president of the Academician in 1840, and president of the Academy in 1862.

"My childhood," he said, in speaking of has likewise been his long life, "was one of ill health, for I

was a delicate little mortal. But Father Time, you know, while he tarries for none, lays his hand lightly on those who use him well. The best means of guidance into and through a phase of fine old age is to live properly, temperately and keep up your interest in what you are doing.

"As to exact daily habits, it is hard, almost impossible, to make a general rule, because of the great difference in persons. "One of the rules that I think favorable to the conditions of life is to bring all the powers to bear upon what one is doing at the time instead of allowing efforts to be distracted. My care is directed entirely to a single portrait, if half a dozen are in hand. I believe this to be a great rule, also never lose any hours that are available for work.

"Onle of the rules that I dozen are in hand. I believe this to be a great rule, also never lose any hours that are available for work.

"Onle of the rules that I think favorable faces have been superimposed one upon the other will ever neglect to hear the call of their country. The political ear of

me that he gathered up the is of days, and that this pracy valuable to him. Even it is ilke working at such times on just the same, the action tive of more spirit fou conthe effort. This is an economy much satisfaction. A cheering of great importance." ds himself the same work as in former head. It is the size

Huntington said:
get to work I don't feel much
In taking a long walk the
y years is noticeable. My exereffy taken on foot. At one time
seback exercise, but you cannot
when you get older. It is too
walking rapidly is the substibe cannot at times

ickly give of the House, yet it

## Composite Photograph of the Republican Candidates.



SANDOW IS STRONGER.

HIMSELF. STATUES OF

Ingencies which may gaise deleve in what is to be called believe in the feed and it is weights fallon.

Weights Than Twelve

W

FRANCE'S NEW STAMP. FOR NEW YORK'S GROWTH.

second street, and it could, it seed be, afford bones for nearly haif a million more inhabitants without greatly extending the tenement house system. The old annexed district could easily make room for 500,000 more inhabitants without inconvenience to either its present population of the new comers, and its capable of accommodating many more. Thus upon two-thirds of the present urban area another million inhabitants outlined by a second so an extended character of the newly sannexed district the population of the city could be increased to nearly \$,000,000.

What some students of the city's growth are prophesying, however, is that a large part of the area of Manhattan Island now occupied by dwellings, notels, apartinet houses and tenements will, in the not very distant future, be needed exclusively for business purposes. In that case it is possible that the normal population of the land only a few thousand in other than business hours may be scarcely more than 500,000, just as the old downtown wards that once were densely peopled now have only a few thousand inhabitants at night.

Such a change would force those New Yorkers that wish to remain actual residents of the city to seek homes in the two annexed districts. The old annexed district could for much of its area sustain as dease a population as the most concepted parts of the Island now have, and the entire area condic certainly afford homes to another million and a quarter, so that should the demands of business restrict the population of Manhattan Island to 500,000, the city would still have abundant for the old annexed district. The includes about 2,000 acres of park land that is inviolable, a considerable water area and some marsh that will be but showly made ready for occupancy. It could, however, within the not want of the present area of Manhattan Island to 500,000, the city would be applied to the country of the propose of park land that is inviolable, a considerable water area and some marsh that we have a seed to the present area of Nambattan Isla

CATS OF NOTE OR BEAUTY.

would seem an easy

call a long way off.

The capacity of the

Presidential ear is al-

most telephonic, yet

a Presidential candi-

date can be very deaf

their most interesting feature. Every one of these twelve men has

a nose that is some-

what thick at the end.

for the Presidency in these times.

among the noses stops

at the end. McKin

ley's nose is Napoleon-

ic, Allison's reflective,

than any of the

twelve. Thurston has the look of a college professor, being the

to wear spectacles. Bradley looks a farm-

er to the life, Cullom

unite the happy couple

at the end of the

But the similarity

thing to "get the Speaker's ear."

Reed could apparently hear the nation's on the Week's Great Show. at times.

The noses of the Presidential candidates, however, are

A REMARKABLY ROBUST VETERAN,

Apparently a man with a sharp-pointed nose has no chance at the Acc of Faurtat the Age of Fourteen. Some Technical Points About Gats.

Harrison's inquisitive This week has been made memorable in and Quay's aggresmany households by an exhibition of cats, sive. Speaker Reed It was a gratifying testimonial to the has a pugilistic nose. worth of an animal who has been called The shape of the by our greatest poet "the harmless, neceshead in all these men sary cat," and whom many would value is very interesting, still higher.

Speaker Reed has the biggest head of the lot. He has what old-time editors would widespread movement to encourage and call a "dome of improve the breeding of cats. In one sense, thought." Fat jowls of course, they need little encouragement, but it is true that an intelligent attention head, making it some- to breeding might result in a great in

what globular, like that of Robert Ingersoll, while his neck is very thick.

But three out of the twelve candidates have smooth-shaven purposes or a greater strength in proporfaces. These are tion to its weight. To seek to bring such a creature to the highest state of physical beauty is therefore a worthy object. The tendency is toward a mustache and chin whishers. This shows At the same time care should be taken strongly in the com-

posite photograph.

Quay looks more like a New Yorker

unt to develop the physical qualities of the cat at the expense of the moral. If we obtained beauty in exchange for the domestic wirtues of the cat, our loss would be great. Eminent men of science believe that the higher qualities of the dog have been injured by the practice of breeders seeking only a superficial excellence. To such an extent is this true that a mongrel is often a more intelligent animal than a pure bred dog of the noblest breed.

The danger of injury to the character of the cat by the practices of breeders arises from a somewhat different cause. He is

for an old-time gl evangelist, and if Al-lison stepped in you he the local judge who would read the will after the funeral or

gent, and their habits are altogether unresimed.

This disquisition is made merely in the interests of the cat, and not in any way as a criticism of the Cat Show, which was an admirable and successful affair. It is not, in fact, likely that the cat will ever suffer at the breeder's hands to the extent to which the dog is said to have done.

It will now be interesting to describe a few of the conspicuous and interesting individuals who were exhibited. The cat should always be considered first as an individual possessing a complex personality, and second as an example of physical symmetry.

